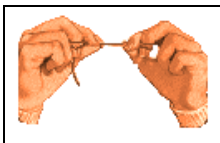


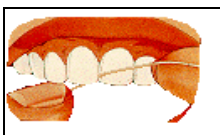
How To Use Dental Floss

1. Break off about 18-20 inches (45-50 cm) of floss and wrap most of it (approx. 12 inches or 30 cm) around one of your fingers.



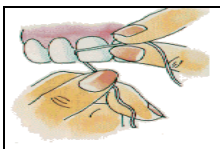
2. Wrap the remaining floss around the same finger of the opposite hand. This finger will take up the floss as it becomes dirty.

3. Hold the floss tightly between your thumbs and forefingers, leaving approx. 3 cm of floss between your hands.



4. Guide the floss to the space between your teeth using a gentle rubbing motion. Never snap the floss into the gums to avoid injuries.

5. Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.



6. Repeat this method on the rest of your teeth. Don't forget the back side of your last tooth.

7. Start flossing a child's teeth when the teeth touch each other and you can no longer brush in between them. Dental floss holders are available for kids.

8. Children may find it easier to use a loop of floss. Take a piece of loss about 10 inches long and tie the ends together, into a circle. Then hold the floss tightly between the thumbs and forefingers. Most children cannot floss their own teeth until about age 10 years.

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Keep Your Teeth Healthy

A Parents' Guide For Children






August 2000 - English
Keep Your Teeth Healthy: A Parent's Guide for Children

Eat Healthy Foods

-  Eat lots of fruits and vegetables – they make your body and teeth strong.
-  Avoid sugary foods and concentrated sweets.
-  If your child eats sweets, try to have them brush immediately afterwards.

Use The Right Toothbrush

-  The brush should fit easily into the child's mouth; make sure it reaches the back teeth.
-  The bristles should be soft. This is to avoid damaging the gums and teeth.
-  The toothbrush handle should be big and easy to grip.




When To Change Your Toothbrush








Replace your child's brush when the bristles begin to spread or when it looks like this.

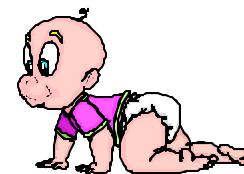
Children's toothbrushes need to be changed more often since they wear out more easily.

Get The Right Toothpaste





-  Buy a toothpaste with FLUORIDE - to fight tooth decay.
-  Choose a low abrasion value – ask your dentist for advice.
-  Select a pleasant taste – but NO SUGAR!

From Newborn Until First Tooth

-  Clean gums and cheeks with damp cloth after feeding.
-  DO NOT put the baby to bed with a bottle of milk or juice. This can start a bad habit which can lead to tooth decay when they get their first teeth.
-  To avoid tooth decay, try to wean your child off the bottle by one year of age.
-  Avoid excessive thumb/pacifier sucking, this can cause misalignment of teeth.
-  As soon as first teeth come in, brush them with soft bristled toothbrush along with a pea-sized dab of fluoride toothpaste.



After The First Tooth

-  DO NOT put the baby to bed with a bottle of milk or juice. This can cause tooth decay in their baby teeth.
-  Teeth should be brushed twice a day preferably morning and before bed; brush after every meal if possible.
-  Let a small child brush their teeth first to build self-confidence. You can finish the job if necessary
-  Brush your own teeth when your child brushes; you can be an excellent example.

